



TURNING HEADS
MOOSEHEADS
STREAKING UP THE
RANKINGS {page 24}

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LATEST AND GREATEST
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SEARCHING FOR AMBER MORE TIPS COMING IN

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News worth
sharing.

Bowater mill on the brink

► Company was ready to announce closure of facility back in August ► Province and suppliers have until December to come up with compromise ► Premier tight-lipped about how government might step in



► Premier Darrell Dexter scrums with reporters at Province House yesterday.



ALEX
BOUTILIER
@METRONEWS.CA

The Bowater Mersey pulp and paper mill has been living on borrowed time since August.

Premier Darrell Dexter told reporters yesterday representatives from the mill's parent company, AbitibiBowater, told him in August they planned to shut down the mill by the end of the year.

"Originally, when they came to us they said their intention was to essentially announce the closure by the end of the year," Dexter said outside the legislature's chamber. "After months of talking to them about the cost structure of the company, they now say that they are prepared in their board meeting in December to look at a new cost-structure to see if there is a road forward."

Dexter said the province will do whatever it can to keep the mill open, but didn't specify what measures his government is considering.

AbitibiBowater announced on Tuesday the mill would shut down from Nov. 14 to 21, and potentially

Main concerns

- Price of labour
- Price of power
- Price of fibre

the last two weeks in December. Dexter travelled to Liverpool yesterday morning to talk with mill management, union representatives and municipal representatives.

The 300 workers at Bowater Mersey have already taken a 22 per cent wage cut. The mill and the recently closed NewPage mill in Port Hawkesbury have asked the province's Utility and Review Board to approve a break on power rates.

But there's also the matter of a sagging demand in the pulp-and-paper market.

On Monday, AbitibiBowater reported a \$44-million net loss in the third quarter on sales of \$1.2 billion. And CEO Richard Garneau reportedly renounced his \$1.7-million incentive that same day, saying he put the company's long-term success over personal compensation.

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Oval. Foundation



► Workers apply the first of four concrete pours to make the oval permanent on the Halifax Common yesterday. The work started early yesterday morning, and trucks were hauling concrete continuously for 16 hours. The three other concrete pours are coming later this month.

RYAN TAPLIN/METRO

Oval just three pours away from completion

First contract legislation not needed: Businesses

- Opposition continues to rail against potential labour legislation
- Dexter said no legislation planned, government will wait for report

 **ALEX BOUTILIER**
@METRONEWS.CA

Premier Darrell Dexter is dismissing a strongly worded letter from business representatives urging his government to reconsider first contract arbitration.

A coalition of 16 business groups released the letter yesterday, arguing Nova Scotia enjoys good labour relations and has no need to introduce first contract arbitration.

"The employer community in Nova Scotia is really scratching its head and saying 'why do we need first contract arbitration?'" said

Canadian Federation of Independent Business Atlantic Director Leanne Hachey. "We've seen no evidence to indicate that it's required. In fact, we should all be proud of the labour environment we have in Nova Scotia."

The province's Labour Management Review Committee is researching the arbitration, which allows a newly-unionized workplace to apply for an independent arbitrator to decide terms of a first contract.

Dexter told reporters yesterday the government will wait for the report before moving on legislation.

But he said he doesn't make much of the organization's letter.

"As far as I'm concerned, if it's good legislation, why wouldn't we do it?" Dexter said.

His colleagues across the floor did not agree.

Liberal Leader Stephen McNeil charged that the measure is against the spirit of the collective bargaining process, slanting it in favour of the union.

Progressive Conservative Leader Jamie Baillie called first contract arbitration a job killer that would force employers to accept whatever contract an independent arbitrator decides on.



"It's much easier to certify non-unionized workplaces in the province under this legislation. The premier knows that." LIBERAL LEADER

STEPHEN MCNEIL

MLA pension review comes due

The long-awaited independent review into the MLA pension structure will be released today.

Speaker Gordie Gosse revealed yesterday the independent panel tasked with conducting a review into

MLA pensions will deliver their report to the legislature this morning at 11 a.m.

Gosse initiated the review in January, a week after entering the Speaker's Office.

There had been calls for

months for such a review, after the Canadian Taxpayer's Federation released a report stating that Nova Scotians pay \$22 for every \$1 contributed by their elected representatives toward their pensions. ● METRO



For live coverage of the report, and reaction to it, visit metronews.com/politicsasusual

\$4.4M in funds for 'green' arena

A green funding announcement today will help ease the sting of the HRM paying for the bulk of the BMO Centre in Bedford.

A representative of the Federation of Canadian Municipalities will award Mayor Peter Kelly with a \$4 million loan and \$400,000 grant during an event this afternoon. The HRM applied for this money under the Green Municipal Fund because of the four-pad's innovative design.

"They fund best-in-class examples of energy and sustainability," said Julian Boyle, HRM's energy manager.

He said the BMO Centre is one of the most energy efficient four-pads in the country.

The four-pad, which also houses four competition beach volleyball courts, a sports retail store and a canteen, opened nearly a year ago. The province chipped in \$2 million but the rest of the tab for the \$40-million facility was left to the HRM.

Of that, \$15 to \$20 million was borrowed at an interest rate of about 4.5 per cent. ● JENNIFER TAPLIN



Sobeys store recalls beef

A Sobeys store in Bedford is recalling several ground beef products because they could contain metal pieces.

The recall is only in effect for the Sobeys at 961 Bedford Highway and involves ground beef packed in the store with a 'packaged on' date of Oct. 31, 2011. The Canadian Food Inspection Agency said no illnesses have been reported relating to the consumption of these products. ● METRO



A highly sophisticated new imaging device promises more accurate results in screening for melanoma. Scan the code for the story.

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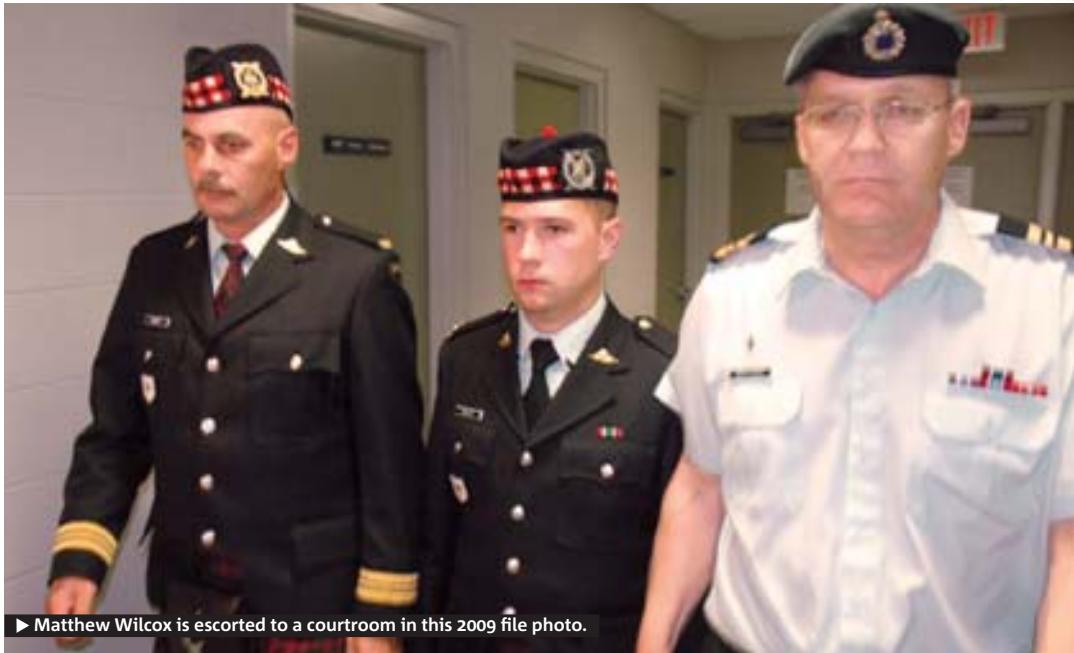
Correction

In Next-gen network attracts droves, Metro Halifax, Nov. 2, it was incorrectly reported that by the end of 2012, Bell Aliant Inc. expects to eventually connect close to one million homes and businesses to its fibre optic network for high-speed Internet and digital TV services. No exact time frame was given by Bell Aliant Inc. as to when it would be completed.

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Wilcox denies he was playing 'quick draw'

► Wilcox pleaded not guilty to criminal negligence causing death, negligent performance of military duty ► Final submissions scheduled for tomorrow



► Matthew Wilcox is escorted to a courtroom in this 2009 file photo.

A former Canadian soldier charged in the shooting death of a fellow reservist in Afghanistan told his court martial yesterday he fired his weapon instinctively when he saw a gun pointed at his head.

However, Matthew Wilcox admitted the only other person inside the tent that day at Kandahar Airfield had to be his best friend, Cpl. Kevin Megeney — the man he is accused of fatally shooting.

Wilcox, who is facing a second court martial in the case, also denied telling anyone that the two infantrymen from Nova Scotia were playing a game of

"Everything happened so quickly, I didn't have a thought."

MATTHEW WILCOX

"quick draw" when his gun went off on March 6, 2007.

Testifying in his own defence at Nova Scotia Supreme Court in Halifax, the 26-year-old from Glace Bay told the military court he knowingly failed to remove a loaded magazine from his 9-mm Browning pistol before entering the tent he shared with Megeney, who was from Stellarton.

Wilcox said he left the

magazine in the semi-automatic weapon because he was too busy carrying his gear after completing a long shift guarding the camp's main gate.

Under cross-examination, Wilcox admitted he could have removed the magazine several times before entering the tent, but he chose to leave it in — a violation of an order that stated Canadian military personnel could not carry loaded weapons inside the base.

Wilcox testified he and Megeney were dropping off gear inside the tent when he heard the sound of a pistol being readied for firing

from Megeney's bunk area.

"I heard the slide of a pistol being loaded and out of the corner of my eye I could see a pistol," he told the court. "As I was turning, I fell backwards, pulled my pistol, cocked it and fired."

When defence lawyer David Bright asked his client if he had told other soldiers he and Megeney were playing a game of "quick draw" when the gun went off, Wilcox denied saying that to anyone. However, Wilcox confirmed he told one friend he had heard rumours to that effect.

THE CANADIAN PRESS

Slower speed coming for school zones

As promised, new legislation has been brought forward aiming to drop speed limits in school zones.

When children are present and the surrounding speed limit is 50 km/h, the school zone speed would drop to 30 km/h from 50 km/h.

In areas where the surrounding speed limits are higher, the school zone limit stays at 50 km/h when children are present.

The legislation, once proclaimed, will go into effect next fall.

The province announced last spring the plan to bring

this legislation forward and said there will be a driver awareness campaign and new signs posted in school zones.

"Our organization feels that reducing the speed limit to 30 kilometres per hour in school zones will make it safer for children in our communities," said Ismael Aquino, chair of Safe Communities HRM, in a statement.

● METRO

30 km/h limit

► Alberta, British Columbia and New Brunswick also have a 30 km/h speed limit in school zones.

our communities," said Ismael Aquino, chair of Safe Communities HRM, in a statement.

● METRO

Half of final bidders plan to sell NewPage

The court-appointed monitor overseeing the sale of an idled paper mill in Cape Breton says two of the four remaining bidders to buy the operation would sell it.

Liz Pillon, the lawyer for Ernst & Young, says the two other bidders intend to continue operating the NewPage Port Hawkesbury mill in Point Tupper, N.S.

Pillon didn't reveal the names behind the four final bids during hearings yesterday before the Supreme Court of Nova Scotia.

She says the goal is to keep as many bidders as possible at the table before finalizing a sale by Dec. 1.

Ernst & Young was appointed monitor in the case



► NewPage Mill

by the province's Supreme Court after NewPage applied for protection from its creditors in September.

About 1,000 people lost their jobs after the mill shut down in September. The company said it was struggling with soaring fuel and electricity costs, a strong Canadian dollar and declining demand.

It lost \$50 million US over the last year, according to an affidavit NewPage filed with the court.

THE CANADIAN PRESS

CONTRABAND

Nearly 1M cigarettes seized

RPM in Nova Scotia say a man is facing charges after a seizure of 910,000 contraband cigarettes in Cape Breton.

Officers seized a truck and camper trailer from a property on Margaret Street in North Sydney on Sunday and found 550,000 smokes in the trailer.

Police say those ciga-

rettes were packaged in cartons and had the U.S. surgeon general's warning on the packaging.

The Mounties say it's rare that they see contraband with such sophisticated packaging.

The other 360,000 cigarettes were found in a shed — some packaged as cartons and others in the clear plastic bags.

A 52-year-old North Sydney man, who was not named by police, is facing charges of unlawful possession of unstamped tobacco and possession of tobacco without taxes paid.

THE CANADIAN PRESS

Causeway a single lane zone nights to Dec. 15

Traffic on Highway 104 on the Canso Causeway has been reduced to one lane from sunset to sunrise for guardrail installation and shoulder improvements.

Traffic control staff and a pilot vehicle will guide drivers safely through the construction zone. Work began on Monday and is scheduled to be completed on Dec. 15. CAPE BRETON POST

Kitchen fire leaves couple out on street

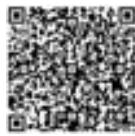
An Amherst couple is homeless after a kitchen fire on Tuesday.

The fire was in one of two apartments in an old, wood-frame building.

The Red Cross is helping out the couple with emergency shelter while other arrangements are made. It will likely take a few weeks to repair the damage. ● METRO



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► Donald and Marjorie Kirwan are seen before a press conference regarding their missing 19-year-old daughter, Amber Kirwan, on Tuesday.

Missing daughter plea brings in tips

- Parents describe Amber as 'sweet and innocent'
- Vigil for 19-year-old downtown since disappearance

 HEATHER GILLIS
HALIFAX@METRONEWS.CA

New Glasgow police say Marjorie and Donald Kirwan's appeal to the public has generated increased tips and information regarding their daughter's disappearance.

"As a result police have received numerous tips and information from both our police line and our Crime Stoppers organization," said Const. Ken MacDonald of the New Glasgow Police Service.

MacDonald could not say exactly how much of an increase the public appeal

has generated, but said all the information received so far will be "investigated fully" by investigators and forensic teams.

"That's what's in the process now," he said. "It's been like that since October 9 from 1:30 a.m. when she went missing and it was reported to the police."

Nineteen-year-old Amber Kirwan has not been seen or heard from since she was last seen outside



the Dooly's pool hall in New Glasgow at 1:30 a.m. on Oct. 9.

Kirwan left the bar alone to meet her boyfriend Mason Campbell at a convenience store in the area. She never showed up.

"We are requesting the public to come forward with any information," Marjorie Kirwan, Amber's mother, said on Tuesday in the parent's first public statement since their daughter went missing.

"No matter how small or irrelevant the information is, come forward and let the police decide if the information is relevant to the investigation."

Longer lockups won't reduce crime: Minister

Newfoundland and Labrador's Tory justice minister says the crime crackdown by his federal cousins is a potentially costly gaffe that undermines democracy.

In an interview yesterday, Felix Collins agreed with critics who say locking up more people for longer is hardly the way to reduce crime.

Mandatory sentences for certain drug crimes, a new act to deal with violent young offenders, and restricted house arrest for violent and serious crimes

are among a nine-bill piece of omnibus legislation the federal Conservatives are fast-tracking through Parliament.

Collins said he has never seen a study that favours more jail time as a way to cut rates of reoffence and improve public safety.

"Incarcerating more people is not the answer," he said.

Collins also echoed concerns raised by justice ministers and premiers in Ontario and Quebec who have openly balked at

footing the court and jail costs of the Conservative law-and-order agenda.

He stopped short of threatening to refuse such payments, but said a committee representing Atlantic provinces is assessing the potential price tag.

Federal Justice Minister Rob Nicholson has said Ottawa transfers billions of dollars a year to the provinces, and has defended the omnibus bill as a reasonable blend of crime-fighting approaches.

THE CANADIAN PRESS

Landry says ...



Nova Scotia Justice Minister Ross Landry said his province is studying possible costs and he's not looking for a showdown with Ottawa. "I firmly believe that if our costs go up and we present the appropriate information to the

federal government, that they'll honour their responsibilities.... To project and get into an argument with the federal government over what they are going to pay — I think we have to deal in good faith."

Police will sport their 'staches too

Halifax Regional Police announced yesterday 30 of its officers have signed up to grow moustaches for Movember.

Every November, thousands of men give up their cleanly shaven face to participate in the fundraiser, which raises money and awareness for prostate cancer and men's health in general.

● PHILIP CROUCHER

New anthem recording — a special one

A special recording of O Canada was released yesterday to Education Minister Ramona Jennex at Dartmouth's Southdale-North Woodside School. It features the voices of the Children's Chorus of Nova Scotia and the Symphony of Nova Scotia, helping mark CBC's 75th anniversary. CDs will be available later this fall.

● PHILIP CROUCHER

Two new N.S. properties protected

The Nature Conservancy of Canada has added two new properties to the land it is protecting of Nova Scotia.

The organization says the two privately held properties total about 149 hectares southwest of Shelburne. The pieces of land fall within the boundaries of the Bowers Meadow Wilderness Area.

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Police dismantle mother's story

HANDOUT/THE CANADIAN PRESS

► Jury watches interrogation video at trial of alleged honour killers

► Accused's version put to test

A Montreal woman accused of killing her three daughters slowly changed her tune during a six-hour interrogation, as the investigator tried to appeal to motherly guilt, but he suggested her new story was just as implausible, court heard yesterday.

Tooba Mohammad Yahya, 41, her husband Mohammad Shafia, 58, and their son, Hamed Mohammad Shafia, 20, are all charged with four counts of first-degree murder in the deaths of three Shafia sisters and Shafia's other wife in a polygamous marriage. They have pleaded not guilty.

Yahya, Shafia and Hamed were arrested July 22, 2009, and yesterday the jury watched much of the video of the long interrogation of Tooba. RCMP Insp. Shahin Mehdizadeh was brought in to conduct the interview in Farsi.

For much of the interview, Mehdizadeh goes over

Submerged car

- Three teenage Shafia sisters, Zainab, 19, Sahar, 17, and Geeti, 13, along with Rona Amir Mohammad, 50, were found dead inside a submerged car on June 30, 2009, in locks in the Rideau Canal in Kingston, Ont.
- The three family members were interviewed by police that day, and in videos shown to the jury, they can be seen suggesting that Zainab, who didn't have a driver's licence, took the car keys so she could take the Nissan Sentra for a joy ride. The car ending up in the canal was a terrible accident, they suggested.

Yahya's story with her piece by piece, pointing out evidence to the contrary and accusing her of lying to him. "This is not an accident, madam," he says.

THE CANADIAN PRESS



► A car is pulled from the bottom of an eastern Ontario canal after being found with the bodies of three sisters and their father's first wife inside, in this 2009 file photo.

Ottawa to let in more white-collar immigrants

Immigration Minister Jason Kenney plans to hold immigration levels steady next year, but the mix of immigrants will change.

There will be more skilled workers — especially white-collar workers — as well as higher numbers of refugees, parents and grandparents, Kenney told reporters after tabling his 2011 annual report.

But there will be fewer spouses and dependent children, and fewer live-in

caregivers, Kenney added — not because Ottawa doesn't want them, but because they are not coming in numbers as large as in the past.

"It's a projection," he explained.

Kenney tabled his 2011 annual report and it shows Ottawa wants to accept between 240,000 and 265,000 newcomers in 2012 — despite pressure from the opposition NDP to gradually raise the levels in order to



► Immigration Minister Jason Kenney

deal with expected labour shortages in five years' time. It's the same range as this year and in keeping with the annual average of 254,000 over the past few years, Kenney said.

But within that pool, the number of so-called "Canadian-experience class" immigrants will rise to about 7,000, Kenney said. That's up from 6,500 in 2011 and is the highest number ever in that category.

THE CANADIAN PRESS

More details

- Kenney is expected to release more details about the mix of immigrants throughout this week, likely focusing on the provincial nominee program that allows provinces to manage inflows of skilled labour to suit their needs.
- Kenney said he also plans changes to Canada's foreign credentials recognition regime.

Girl finds needle in Halloween candy

Police in Whitby, Ont., are asking children and parents to check Halloween stashes after a girl found a needle in a piece of candy.

The 11-year-old girl was eating the candy when she found the small needle.

She was not injured.

THE CANADIAN PRESS

Rare white kiwi regains her mojo

Manukura the white kiwi appears to have regained her mojo after a heart scare during surgery to remove a stone from her gizzard. THE ASSOCIATED PRESS



NICK PERRY/THE ASSOCIATED PRESS

Folks hopping mad over bunny gassing

An Alberta town's plan to eliminate up to 2,000 feral rabbits has some people very upset. Cammore has hired a contractor to trap

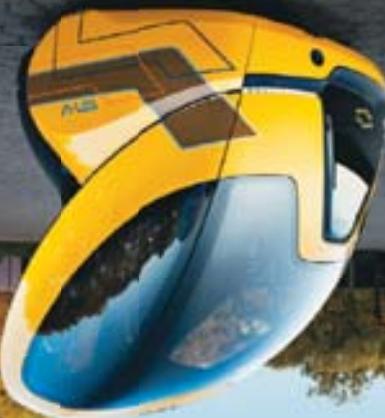
the bunnies and will then have them gassed if an animal-welfare group won't agree to sterilize and relocate them. THE CANADIAN PRESS

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Manila gets tough on labour abuse

The Philippines has banned its citizens from working in 41 countries that don't protect against labour abuse. Nearly 10 per cent of the Philippine population of 94 million work abroad.

The countries where de-

ployment will be banned include Afghanistan, Libya and Iraq.

A Philippine law requires Filipino workers to be deployed only to countries that provide legal protection to foreign labourers, are a party to international labour protection accords or have accords with Manila that guarantee against abuse.

THE ASSOCIATED PRESS

Three lions killed in South Africa

South African wildlife workers drove through the night, desperate to save two lions who had strayed from a vast park and killed a farmer's cow. The farmer had already killed a third lion.

South African National Parks spokeswoman Henriette Engelbrecht said that instead of saving the big cats, a park researcher ended up rescuing a ranger, pulling him free and leaving the ranger's boot in the lion's jaws. The two lions were then shot.

She says the men had never before met lions bold enough to attack people in a vehicle. THE ASSOCIATED PRESS

Assange loses legal battle

► Experts say odds stacked against WikiLeaks founder avoiding extradition to Sweden



"We will be considering our next steps in the days ahead."

JULIAN ASSANGE,
WIKILEAKS FOUNDER

WikiLeaks founder Julian Assange lost his appeal against extradition to Sweden to answer sex-crime allegations, but said yesterday he will now consider whether to take his protracted fight to Britain's highest court.

High Court appeal Judges John Thomas and Duncan Ouseley rejected Assange's claims that it would be unfair and unlawful to send him to Scandinavia to be questioned over the alleged rape of one woman and the molestation of another in Stockholm last year.

The 40-year-old has denied wrongdoing, and insists the case is politically motivated by those opposed to the work of his secret-spilling organization.

Lawyer Mark Summers confirmed that it was not clear whether his client would attempt an appeal to

Britain's Supreme Court. His legal team has 14 days to decide whether to apply to the High Court, and then must try to persuade judges that there is a point of law to justify an appeal to the highest court.

Claes Borgstrom, the lawyer representing the two Swedish women accusing Assange of sex crimes, told The Associated Press that his clients were both very pleased by the ruling.

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Royal. Taster



► Prince William and Catherine, Duchess of Cambridge, taste a high-energy paste used to treat severe malnutrition during a visit to the UNICEF Emergency Supply Centre in Copenhagen.

PHIL NOBLE/WPA POOL/GETTY IMAGES

Raising awareness

Prince William and his wife, Kate, helped pack dozens of UN emergency supplies, yesterday, in Denmark. They will be distributed in East Africa, where a food shortage is affecting an estimated 13 million people. The British royal couple visited a UNICEF warehouse in Copenhagen to draw attention to the crisis.

Justin Trudeau upset over questioning of his faith

Liberal MP Justin Trudeau says he is upset and offended by a Tory MP who publicly questioned his adherence to the Catholic faith and his suitability to speak to students at a Catholic school.

Dean Del Mastro, the parliamentary secretary to the prime minister, said on Facebook last month that it was "outrageous" the Catholic school board in Peterborough, Ont. had invited Trudeau to speak for a second time in three years.

But Trudeau said he doesn't see any incongruity be-

"For someone to start questioning my own faith ... is something that I really take issue with."

LIBERAL MP JUSTIN TRUDEAU

tween enshrining the rights of gays and lesbians, for example, and the tenets of Catholicism. He notes that he is personally very opposed to abortion, but still believes nobody can tell a woman what she should do with her body.

THE CANADIAN PRESS

itor was denounced yesterday by Muslim leaders and politicians from all sides.

No one was injured in the blaze at the offices of Charlie Hebdo in eastern Paris, hours before the issue featuring a caricature of Muhammad on its front page hit the newsstands.

THE ASSOCIATED PRESS

Attack on magazine denounced

A firebombing that destroyed the offices of a French satirical weekly that "invited" the Prophet Muhammad as its guest ed-

Pilot error cited in Russian jet crash that killed hockey team

► Investigator says company failed to observe safety standards and adequately train crew ► Pilots had previously flown other type of plane

A Russian pilot inadvertently put the wheel brakes on during takeoff, causing a crash that killed 44 people including a professional ice hockey team, investigators said yesterday, citing lax oversight and insufficient crew training as key reasons behind the error.

The Interstate Aviation Committee said the Sept. 7 crash of the Yak-42 plane near Yaroslavl in central Russia occurred because one of the two pilots accidentally activated the brakes and then yanked a control wheel to his chest, pulling the plane up too sharply in a desperate attempt to take off.

Alexei Morozov, leader of the investigation, said the crew should have aborted the takeoff the moment



► Rescuers work at the crash site of a Russian Yak-42 jet near the city of Yaroslavl on Sept. 7, 2011.

they realized it was going wrong.

He said one possible reason the pilot obstinately still tried to take off was a fear of reprisals from his employer.

"Many pilots say that those who cause delays in

flight schedules ... run into various problems at many carriers," Morozov told a news conference. "Company management doesn't like it."

Industry experts say when Russian crews abort takeoffs, make second runs

Fatal disaster

► The crash was one of the worst aviation disasters ever in sports as the dead included 36 players — many of them former NHL players — Canadian-born head coach Brad McCrimmon and staff of the Lokomotiv Yaroslavl hockey team.

► The only player who survived the crash later died of burns. A flight engineer was the sole survivor.

or divert their planes to other airports they can risk losing their bonuses or face other sanctions as carriers focus on cutting costs.

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JAILS ARE A LOT LIKE COFFEE SHOPS — OR THEY SHOULD BE

HE SAYS ...

JOHN MAZEROLLE
METRO



Attention, readers who value their lives: You are in danger! While you read this innocuous-looking sentence (don't be fooled!), criminals could be violating your home, office or body.

That's because crime is everywhere. It's in Canadian downtowns, uptowns, upper downtowns, downer uptowns, suburbs, ghettos, bayous, kibbutzes, duck blinds, under the bed, below the gum line, and even in those stubborn and hard to reach places, like Moose Factory. No one is safe.

To be honest, if you've read this far without undergoing some form of violent attack, major theft or unwanted touching, such as the "noogie," then you should count your blessings. If you count them closely, I think you'll find that several have been stolen.

And now the truly frightening part: There's nothing you can do about it.

That's why the Conservative government is getting — nay, must get — tough on crime.

I for one fully support their tough-on-crime agenda (which dovetails nicely with their tough-on-arts and tough-on-environment agenda).

As a left-wing media stooge, I'm expected to oppose everything the Conservatives do, but truth is the media and the government are on the same page, crime-wise.

We both recognize that the quickest way to get people's attention is through fear.

That's why so many newscasts begin with some variation on the question, "Should Canadians be worried?" To which the implicit but unspoken reply is "Yes, OF COURSE you should be worried; otherwise, we wouldn't be bringing you a story about this unprecedented CRISIS, would we, stupid?"

So I say increase the number of prisons until they rival the number of Tim Hortons. Criminals won't dare commit crimes if there's always a clink within view.

Don't think us crass, though. I think it's clear that, whether government or media, we scare because we care. We worry about crime because we're worried about your well-being. By raising your vigilance, we are protecting you from the inevitable crime of the future and the unreported crime of the past.

Understand? You win. We care.

And, if you don't remain vigilant, who knows what might happen? Personally, I worry you'll miss out on something truly scary and horrible, and you'll be so embarrassed you were out of the loop that you'll just wish you were dead.

And if you do die, we in the media will be there to cover it. Like we care.

Read more of John Mazerolle's columns at metronews.ca/hesays



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Letters

The recent actions of the Conservatives, in particular Prime Minister Stephen Harper and Agriculture Minister Gerry Ritz, regarding the Canadian Wheat Board (CWB) disregard federal legislation.

The CWB was established through the Canadian Wheat Board Act (1943), federal legislation providing farmers with a common economic voice. The act mandates the process by which the CWB can be dissolved, explaining that the government is legally bound to hold a plebiscite that results in a majority of the CWB members voting in favour of dissolution. Our government has refused to follow this process.

In lieu, the CWB held an independent plebiscite resulting in a 62 per cent majority supporting the CWB single desk for wheat. Nonetheless, Ritz tabled the Marketing Freedom for Grain Farmers Act, a bill that would dismantle the CWB by August of 2012.

We are gravely concerned by our government's failure to acknowledge the CWB Act.

KELTIE BUTLER, ON BEHALF OF THE FOOD ACTION COMMITTEE OF THE ECOLOGY ACTION CENTRE HALIFAX



► This photo titled "Fantasia" was submitted to the Novelty category by Eduardo Nunes from Portugal.

WEIRD NEWS

Putting a face on tumours — literally

Doctors at Queen's University in Kingston did a double take when they spotted what looks like the face of a screaming man in an ultrasound of a testicular tumour.

What was meant as an inside joke between doctors went viral after it was published in a recent issue of the journal Urology.

The image has been compared to sightings of the Virgin Mary or Jesus



► What looks like the face of a screaming man in an ultrasound of a testicular tumour.

on toast or grilled cheese sandwiches.

In the journal, the doctors said they debated "whether the image could have been a sign from a deity" — notably the Egyptian god of virility — but quickly dismiss it as a coincidence.

THE CANADIAN PRESS

Local tweets



► @Gregor_Ash: Day 2 @Movember Halifax with \$200 raised and a ever so slightly discernable shadow above my lip. Here we go #Halifax @ProstateCancerC

► @truejebus: Quite a bit of #Halifax government organizations operate like social clubs instead of drivers of progress.

► @Cadence_Mac: Aaaand parking meters are now available again on Blowers street so you can park

there again! #Halifax

► @andrewkonoff: Anyone know where I can still buy a pumpkin in #Halifax?

► @der_junker: Worst intersection in the city - a constant fight betwixt motorists and pedestrians - corner of #brunswick and #springgarden - #Halifax

► @SonicConcerts: Sonic Mother Mother move sold out Halifax show to Reflections, Nov. 20. Tickets will be honoured & more on sale now at sonicconcerts.com!

photo of the day



Metro invites its readers to join the Metro Global Photo Challenge — running in 100 cities on four continents — to win fantastic prizes and worldwide recognition. Enter your digital photos at metrophotochallenge.com. The contest runs until Nov. 22. As well as a chance to win a trip to any city Metro publishes, one submission will also be featured here daily.

CAREER REPORT

Canada's quality-job pace slows

Canada's 1.4 million unemployed were finding it tougher to land better-paying jobs, particularly in the public sector, as the pace of job growth in Canada appeared to slow during the third quarter, according to employment reports released yesterday.

CIBC said its Canadian Employment Quality Index, which measures both the compensation and stability of jobs, sat roughly where it was on the eve of the last recession.

While the economy generated on average 17,000 new jobs a month during the period, that was down from 29,000 a month in the second quarter and 33,000 in the first — and those fewer jobs were generally of lower quality, the report added.

THE CANADIAN PRESS

Small-biz owners get confidence boost

Confidence among small- and mid-sized-business owners climbed slightly in October, according to the Canadian Federation of Independent Business.

Its October barometer was a modest 63.6, almost a point above September's 62.7 and two points higher than August's 61.7 level.

The CFIB says index levels normally range between 65 and 75 when the economy is growing. The findings are accurate to plus or minus 3.1 per cent. THE CANADIAN PRESS



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The photos in picture are from previous editions of Photo Challenge.

Energy company admits 'fracking' caused tremors

PETER BYRNE/THE ASSOCIATED PRESS

► Protesters scale a shale gas rig at Banks, near Southport, England, bringing a halt to work at the Cuadrilla Resources site yesterday.



- Hydraulic fracturing on rise
- Critics say it could poison water

The only company in Britain using hydraulic fracturing to release natural gas from shale rock said yesterday that the technique likely triggered earth tremors in April and May.

But a report commissioned by Cuadrilla Resources, which is drilling for gas in the English coastal town of Blackpool, cautioned that the tremors, measuring 1.9 and 2.8 on the Richter scale — were due to a combination of geology and operations unlikely to happen again.

Cuadrilla is the only company currently extracting shale gas using hydraulic fracturing — a technique by which a mix of water, sand and chemicals are pumped deep in

side underground rock formations to free the gas.

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Market moment

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Oil	Natural gas
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Hugh Grant



Hugh Grant's spokeswoman says the actor has become a father for the first time. The spokeswoman said Grant and the mother "had a fleeting affair and while this was not planned, Hugh could not be happier or more supportive."

THE ASSOCIATED PRESS



Jerry Seinfeld named first guest host to follow Regis Philbin's departure from *Live!*



► Steven Rhude, considered one of the most recognizable artists in Nova Scotia, poses in front of his piece Lunenburg Buoys and AGNS at his home studio.

CONTRIBUTED

Putting images to words

● Steven Rhude's book *Natalie's Glasse* launches Sunday at Argyle Fine Art in Halifax

BACKSTAGE PASS

JENNA CONTER
METRO HALIFAX



A great writer can create a great character while a gifted illustrator can grab that character from your

imagination and bring him to life.

The ability to merge one talent with the other seemed like a logical step for Wolfville's Steven Rhude. Born in Quebec but raised mostly in Scarborough Ont., Rhude attended Ontario College of Art and Design in Toronto, where learning to articulate your vision through words was a prerequisite to earning your brushes.

"We were often sent out on location with a notebook before we were given a sketch pad," Rhude said.

"Before I make a painting I'm always making notes and that led to expanding and writing about the paintings and eventually it led into books."

With his latest children's book *Natalie's Glasse*, launching Sunday at Argyle Fine Art in Halifax, I was curious — what

comes first, the story or the images?

"The story comes first," Rhude said. "That's the seed or the germination point. Then that leads to how I want to visualize and compose the piece."

Focusing on one story because one image can get boring, Rhude shared. Creating an element of organic chaos and loosening his control, Rhude turns to Jackson Pollack for inspi-

ration.

"I'll take the painting off the easel and lay it on the floor of my studio, walk around and dripping and spattering paint on the canvas," Rhude described. "It creates an effect without any science behind it and what happens is that I'll discover colour combinations, like reds in the sky that wouldn't normally be there with the blues."

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'They wouldn't let me be me'

► Ex-X Factor singer Haygood says he cut deal to exit ► Producers wouldn't let him be a rocker

Former The X Factor contestant Dexter Haygood said he wasn't pushed off Fox's new singing contest. He jumped.

Haygood was among five contestants eliminated from the show last week. But the rock singer with the James Brown rasp said that what viewers saw didn't reflect the whole story, including a behind-the-scenes agreement to ensure the swift exit he wanted.

According to Haygood, 49, who was part of mentor-judge Nicole Scherzinger's group of age 30-plus contestants, he told Scherzinger two days before last Wednesday's live performance show that he was dissatisfied with X Factor.

"I wanted to leave the show because I was unhappy that I was unable to be a rock artist. I grew up on rock," said Haygood, of Memphis, Tenn., who enjoyed the spotlight in the 1980s as frontman for the rock group Xavion, which toured at one point with Hall & Oates. Being called on to do pop songs such as Beyoncé's Crazy in Love and Katy Perry's I Kissed a Girl

was aggravating, Haygood said: "Can you imagine Steven Tyler, Mick Jagger, James Brown, doing (the Crazy in Love chorus) 'uh oh uh oh uh'?"

Producers "seemed to have their way of doing things. I'm not sure why

"Can you imagine Steven Tyler, Mick Jagger, James Brown, doing (the Crazy in Love chorus) 'uh oh uh oh uh'?"

DEXTER HAYGOOD

they wouldn't let me be me," he said Tuesday.

Scherzinger, former member of the Pussycat Dolls, took his complaint to

the show's producers and came back the same day with an offer, according to Haygood: He would be bounced on Thursday's re-

sults show if he agreed to return for the season finale.

Neither Scherzinger nor Fox immediately responded to requests for comment.

Haygood said he was contractually bound to remain on the show and wouldn't have quit, but he appreciated the out he was given — despite the \$5 million record contract that goes to the winner.

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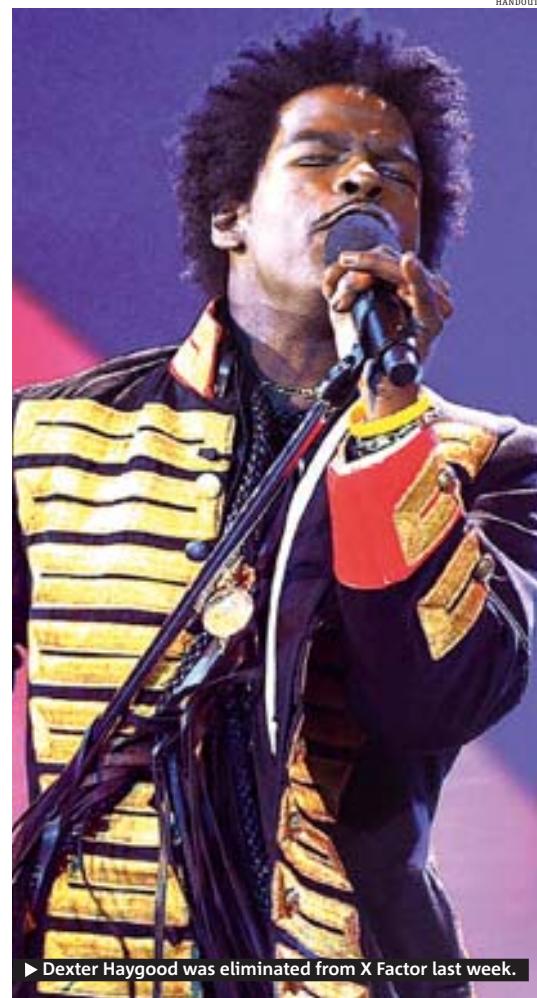
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12.1

Fox gave X Factor a lavish promotional launch but the show hasn't lived up to the 20 million weekly viewers predicted by series creator Simon Cowell, with 12.1 million watching last Tuesday's show.



► Dexter Haygood was eliminated from X Factor last week.



► Phaedra Parks, left, and Sheree Whitfield are shown in a scene from The Real Housewives of Atlanta.

Reality TV condones bullying: Housewife

Fans of Bravo's Real Housewives cable TV reality franchise often tune in for the catfights and drama, but one Atlanta housewife says the genre may encourage bullying.

"Unfortunately I do think that reality TV has spawned a whole culture of bullying," said Phaedra Parks in an interview with The Associated Press on

Tuesday.

"I believe that the behaviour you see on reality TV does not exactly exemplify how adults should be conducting themselves."

Highlights of the series, which has been replicated in seven cities across the U.S., include volatile tempers, verbal outbursts, name calling and allegations of mean tweeting —

and who can forget the infamous New Jersey table flip seen 'round the world?

The last season of The Real Housewives of New Jersey kicked off with a chaotic, physical altercation at a baby christening, while the new season in Beverly Hills, California, has focused on veteran castmates ganging up on and ostracizing new girl Brandi

Glanville, going as far as hiding her crutches while she had a broken foot.

Parks said she believes parents need to monitor what their children watch and insists that series like hers are not meant for young viewers.

Season 4 of The Real Housewives of Atlanta premieres on Bravo on Nov. 6.

THE ASSOCIATED PRESS

No holds barred for Neil Patrick Harris

► Actor resumes his crazy role in *A Very Harold & Kumar 3D Christmas* ► Husband also appears in film



Neil Patrick Harris has successfully come out of the post-child star wasteland to become one of the biggest stars working today, with a hit sitcom on CBS, gigs hosting every major awards show but the Oscars, and a large fanbase cheering him on.

And since it was his jaw-dropping cameo in 2004's *Harold & Kumar go to White Castle* that helped relaunch his career, naturally he was game to come back for the franchise's third instalment, *A Very Harold & Kumar 3D Christmas* — even if he did get shot and killed at the end of the last film.

But you can't have NPH

How NPH fits in

In *A Very Harold & Kumar 3D Christmas*, the boys stumble upon Neil Patrick Harris rehearsing a Rock-ette-studded holiday spectacular, complete with show tunes and kick-lines.

return from the dead for another *Harold & Kumar* film without upping the ante on his atrocious behaviour.

When asked if there's a line he wouldn't want to cross with his onscreen alter ego, Harris insists it's far too late for that kind of thinking.

"That's such a tough question because I never thought that any of this would've been written," he says.

"I wouldn't even have imagined that I would be smoking crack and trying to forcefully enter a dancer girl. I don't know where the line gets drawn here anymore."

Of course, Harris' rising profile — and public coming out of the closet — have become factors since the original film, leaving a lot for the filmmakers to address.

Harris was happy to poke fun at his newfound status — he's referred to as



► Neil Patrick Harris has been a staple in the *Harold & Kumar* movies.

America's Sweetheart in the film — as long as he got a say in the jokes as usual. That held especially true since Harris' husband, David Burtka, was along for the ride this time.

"I was more cautious and protective of those scenes than any of the others, weirdly, just because I

didn't want it to feel exploitative or like a sight gag and nothing more," says Harris.

"I know David to be a well-trained Albee actor from New York, and I just didn't want it to seem like we were using him for some sight gag and then end it. And I didn't want to

leave a bad taste in anyone's mouth about him on my watch, right?"

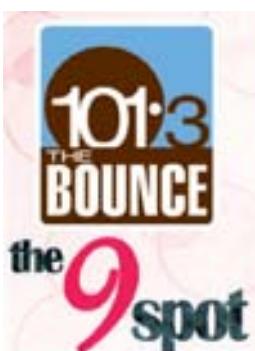
In the end, Burtka is used to great comic effect — and we'll just leave it at that for now.

As much affection as Harris has for the franchise that helped make him a star again, that does-

n't necessarily mean he's a lock for any and all *Harold and Kumar* adventures in the future.

So what would it mean to have the duo hit the big screen without NPH?

"I think Jonathan Taylor Thomas would be thrilled," Harris says with a laugh.



Top 5: November 2nd

- 5** Hedley - Invincible
- 4** Cobra Starship ft Sabi - You Make Me Feel...
- 3** Bad Meets Evil ft. Bruno Mars - Lighters
- 2** Adele - Someone Like You
- 1** LMFAO - Sexy And I Know It



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WHAT ABOUT THE GIFTS, KIM?

THE WORD

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Day three of Kardashian divorce coverage and we're not slowing down — not when, like Pompeii, there are so many unanswered questions out there.

But they won't be unexplained for long as — wouldn't you know it? — it just so happens Kris Jenner has a new book, *Kris Jenner: And All Things Kardashian*, that she has to promote!

The ladies of *The View* grilled Mama Kardashian yesterday and whereas Jenner was very honest, she says she doesn't know what her daughter will do with that \$2 million dollar engagement ring.

But we do, thanks to a quick chat with etiquette expert extraordinaire, Lizzie Post, co-author of the new book *Emily Post's Etiquette: 18th Edition*. And although "etiquette" and "Kardashian" go as well together as "Larry King" and "sex tape," she does have some good points.

"That's her ring to keep," she advises.

"It's really hers and it's



► Kim Kardashian and Kris Humphries in happier times.

Divorce for Deschanel

Zooey Deschanel and Death Cab for Cutie frontman Ben Gibbard have parted ways after two years of marriage, according to *Hollyscoop*.

"It was mutual and amicable," a source says.

"There was no

up to her on what she decides to do with it.

"She did have a marriage. Just because it didn't last very long doesn't mean she didn't follow through with her engagement."

But, as for the news Kardashian is donating her millions of dollars worth of wedding gifts to charity, Post says that is just wrong, wrong, wrong.

"It's totally inappropriate!" she laughs.

"I know her heart is in the right place but the truth of the matter is, the intention behind a wedding gift isn't to be donated, it was for them to be used as gifts for Kris and Kim and their life together."

"The appropriate thing is to return them to the person who gave it — especially if she goes and gets the tax write-off for them."

Post's last piece of etiquette advice is that everyone (even big-headed gossip columnists like myself) need to be respectful of their divorce.

"Everyone should be very open minded and respectful now," says Post.

"I don't care who you are — having a marriage dissolve after that short of time is very painful," she adds.

Biebs a dad?

A California woman claims that Justin Bieber is the father of her four-month-old child and wants the 17-year-old pop star to take a paternity test, according to TMZ. Bieber's camp is denying the allegations, of course.

• METRO



► Justin Bieber

Celebrity tweets



I wonder how many seals escape being eaten by great white sharks because the sharks have mistaken them for surfers.



I think I know why Kim's marriage lasted only 72 days. Apparently she only knows 71 positions.



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[yellow tail]
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3

life

Style
pick**Jil Sander****iPhone holder**

Yes, the iPhone 4S is here. The fact that people camped outside Apple stores worldwide, surely means that this latest gizmo will somehow be life changing. Not quite? Whether you're a technocrat or not, it's always a wise move to keep your gadget safe by (colour) popping it in this on-trend, saffron sheath.

● RICHARD PECKETT

**JIL SANDER**\$125, oki-ni.com

Saint Pierre teams with Reitmans; boost for New Labels; Pugh for MAC

Close up on Bridget Kelly

► Jay-Z's protégé is a New Yorker with a debut EP that features The Dream and Frank Ocean, and a mean flair for makeup

► She shares some of her stage tips



ROMINA MCGUINNESS
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Lip balm that won't catch flies

"I wear my hair down a lot so I'm not a fan of lip-gloss," says the Roc Nation singer who is currently working on a new album. "If I'm on stage and the wind blows then my hair will get stuck on my mouth so I avoid it. MAC's pink lip conditioner gives just a little bit of tint and looks like a gloss without the sticky shine. It's just enough moisture to look like makeup."

Beating the bad skin days

"The NARS duo concealer in custard/ginger saves my life when I'm having a breakout," Kelly explains. "It completely covers what I need covered. And if I have a show, MAC studio tech compact gives me complete coverage and gives my face a glow."

The trick to cheek contouring

"I have high cheekbones so it's really easy for me to mess the blush up and end up looking like a doll.



For the best result I use a small brush with St. Tropez Bronzing Rocks. I try and contour the powder below my cheekbones by making a fish face and pouting my lips so I can see where my cheekbone

line is and then I just brush underneath it. This helps illuminate them a little more."

On the perfect eye:

"I have long lashes so mascara easily starts to

**Bridget Kelly's
beauty rules**

1 "Wash your face twice a day to keep the skin fresh and the pores clean."

2 "Never be afraid to try new things. I used to have a fear of lipstick as I used to find a heavy lip so overwhelming. It can overpower the face and that freaked me out. Now I've started experimenting and I'm more comfortable with the idea so I sometimes go for an orange, bright pink or dark purple lip, colours that used to horrify me."

3 "Find makeup that matches your neck. I often see women with all different shades on their face, hands, neck and chest. That never works."

cake and I end up with tarantula eyes. L'Oreal Voluminous mascara is wonderful as it really separates my lashes and adds a bit of lift to them so I don't need eyelash curlers."

IN HER MAKEUP BAG



NARS
Duo Concealer in
Custard/Ginger

► \$30, narscosmetics.com



MAC
Lipstick in
brave red

► \$15, maccosmetics.com



BURBERRY
Brit Eau de
Toilette

► \$72, burberry.com



L'ORÉAL PARIS
Voluminous Volume
Building Mascara in
Black

► \$8, lorealparis.com



ST. TROPEZ
Tan Enhancing
Bronzing Rocks

► \$40, st-tropez.com

**Jeanne Space**

In this hectic modern world, Twitter has become a cool and succinct way of communicating. It allows me to be accessible, instantly speak my mind, and connects me with all kinds of people. Whether it's a fashion question, or you just want to comment on life's bigger picture, I'd love to hear from you.



► "You know you are iconic when you are a Halloween costume" (Jeanne retweet posted by @kent_worth)

TUNE INTO FASHION TELEVISION EVERY SUNDAY AT 5:30 P.M. (ET) ON CTV.
JEANNE BEKER'S FINDING MYSELF IN FASHION (PENGUIN) IS AVAILABLE IN BOOKSTORES NATIONWIDE.



@Jeanne_Beker:
At The Carlu, presenting tonite's final P+G award for Best Mag Cover. Kim Cattrall is hosting the show!

@Jeanne_Beker:

So...what do YOU think makes a great fashion magazine cover?

► @kellycompeau "what do YOU think makes a great fashion magazine cover?" — A 45 yr old that hasn't been air brushed to unrealistic perfection

► @Jeanne_Beker: I agree. Reality rocks!

► @miawallace16 re: mag covers — colour is very important. needs to have shelf appeal. so many options these days. #bebold

► @Jeanne_Beker: Absolutely! We need to be engaged..

Hottest new appliances

► Chop, sizzle and chill out in style with the latest and greatest gadgets for your kitchen

DESIGN CENTRE



KARL LOHNES
HOME@
METRONEWS.CA

Each fall new and exciting kitchen appliances are introduced to the marketplace. This year offers new technology, more stainless steel and built-in styles. Here's a quick peek at some of the most interesting I found.

Thermador Masterpiece Induction Cooktop

Induction cooking offers immediate on/off heat that is safe for busy kitchens and serious cooks. The exclusive Sensor Dome feature monitors the heat of the pan so that food cooks at the constant heat level you want; \$5,150.

Bosch 800 Plus Series dishwasher

This is the dishwasher that hits home with small space and open-concept home dwellers; it's the quietest and most water efficient on the appliance market. No more turning up the television while the dishwasher is running. It has a half-load cleaning cycle, which saves water and energy; \$2,400.

Sharp Microwave Drawer Ovens

A new way to consider installing a microwave is un-

der the counter and the Sharp microwave oven is one of the firsts to do so.

Mounting it low means it is tucked out of view, easy for children to use and means no lifting hot dishes from above. A safety button gives parents peace of mind when not around; \$1,100.

Scholtes 24 inch built-in wine fridge

This smart looking, built-in wine fridge looks great mounted high on the wall or below a counter and sits flush with the depth of cabinets. It holds up to 24 bottles, offers UV light protection and clean air circulation to keep wine safe. It's the perfect size for those that want to integrate a wine fridge into a smaller kitchen; \$1,999.

Jura Impressa J9 Coffee Machine

This is the granddaddy of high-end countertop coffee



► Frigidaire's double oven range allows for twice as much baking.



► Induction cooktops offer instant on/off heat.

machines; just one touch and you can automatically make barista-quality lattes, espressos and cappuccinos. Truly the best! \$2,995

Frigidaire 30 inch Freestanding Electric Double Oven Range

This is the Cadillac of ranges for busy families or cooking enthusiasts; the full-sized double ovens can each hold 28 pound turkeys and the stovetop boasts five elements (two of which are expandable), plus a warming zone; \$2,200.

De'Longhi Hand Blender
The three blades and stainless shaft mean you can purée hot soups and sauces right in the pot. It's great for smoothies too! A rubberized handle keeps the blender non-slip and keeps buttons protected from heat and splatters; \$99.

Bosch VitaFresh Refrigerator
This armoire-style refrigerator has two upper doors and a deep freezer drawer below that makes food storage a breeze. A high-tech lining within the fridge drawers help to maintain the perfect balance of temperature, humidity and air circulation, and an AirFresh

filter (never needs to be replaced) keeps ice smelling and tasting great; \$2,999.

KitchenAid Architect Series Food Processor

This large sized food processor has an external adjustment for the slicing disc that allows you to control the thickness of cutting and adjust for thin or thick slicing without having to open the lid. It also has an ultra wide feed tube large enough for potatoes or cucumbers; \$399.



► Sleek, built-in stainless appliances top the list of trends for this year.



► Scholtes' Compact Wine Fridge keeps up to 24 bottles perfectly chilled.

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Fun decorations for fall

► You dressed the kids for Halloween, now you can dress your home for autumn ► Use seasonal materials

DIY IDEAS

It's easy to capture the feeling of the season without displaying fake and over-the-top decorations.

These simple tips will update the look of your home.

While decor is an easy trick, some lucky homeowners are subject to ambush contracting at its best with host Josh Temple in DIY Network Canada's House Crashers.

Stunned homeowners win the remodel lottery with dramatic, eye-popping home transformations.

Use these eye-catching materials to add beautiful

autumn decor to your porch or yard.

Dried cornstalks

These can be purchased at roadside vendors or other locations where pumpkins and apples are sold.

Bunch together 15-20 dried cornstalks at a time and tie in the middle with twine.

Add a colourful ribbon around the twine in burgundy, green, orange, or a colour that suits your home.

Place them on either side of an entranceway for a beautiful first impression.

Plants

Mums are the key to a fall feeling. Find a colour that will bring a zing to your

overall decor.

Flowering cabbages are another great way to include plants.

Both of these can be purchased and kept in pots to be displayed in front of your house if you don't have room in the garden.

Pumpkins and gourds

This is one of the simplest ways to decorate for fall.

Arrange an assortment of pumpkins and gourds in varying sizes and shapes to dress up any walkway, staircase or entrance.

Dried corncobs

These come in a variety of colours and add harvest flair to fall decorating.

Tie them to cornstalk bunches or include in larger arrangements.

Wooden signs

Autumn is a great season to display your favourite craft items outdoors.

► Painted wooden signs can be purchased from craft fairs or made yourself to bring fall sentiments to your decor.

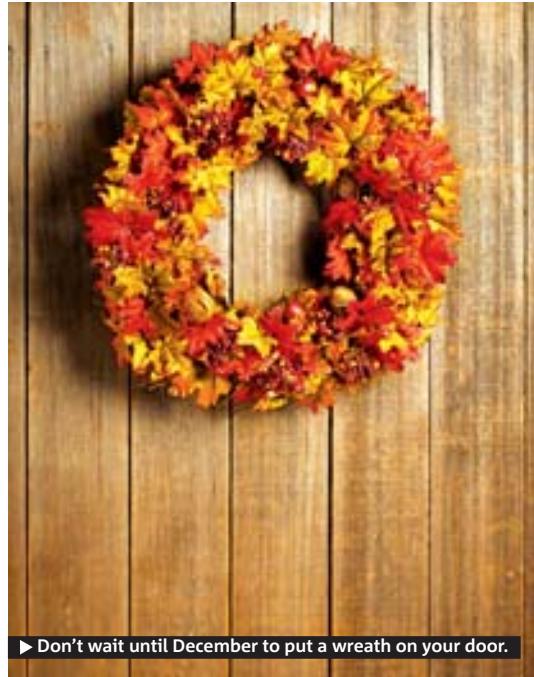
► Say it loud: You can include signs that are simple, like "apples," or paint your favourite family sayings.

Wreaths

Whether homemade or store-bought, wreaths are a great way to dress up your entrance.

Think of including berries, mini gourds, silk flowers or leaves, and colourful ribbon.

HOUSE CRASHERS AIRS WEDNESDAYS AT 9 P.M. ET/PT ON DIY NETWORK CANADA.



► Don't wait until December to put a wreath on your door.

DID YOU KNOW... KBI Door Services is Celebrating 20 years?

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A GIFT FOR YOUR WHOLE FAMILY THIS HOLIDAY SEASON

FINDING THE PERFECT GIFT FOR THOSE PICKY FAMILY MEMBERS CAN BE EXHAUSTING.

Instead of worrying about individualized presents, why not invest in a home renovation project that will benefit the whole family?

For example, by simply renovating your basement into a livable space, you not only create more room, you also help establish an area where everyone can gather and spend time together.

"Most families don't realize how much extra living

space they have just under their feet," said David Flood, insulation expert at Owens Corning. "If your family is starting to feel cramped as it gets colder and you begin to spend more time indoors, a basement renovation may be exactly what you need to give everyone the space they require."

To start your basement renovation, install foam insulation panels and bats to help seal drafts and eliminate cold spots. This will make your home more energy efficient, help lower your energy bills, and keep your family warm during the winter.

Also, investing in an energy-efficient renovation has twice the benefits. Canadians have until March 31, 2012 to take advantage of the reinstated ecoENERGY Retrofit-Homes program. Renovations that follow the guidelines will help lower energy bills by 28 per cent on heating and cooling costs, and allow Canadian homeowners to receive a government grant of up to \$5,000 to

offset costs associated with making their home more energy efficient.

For more information about the ecoENERGY Retrofit-Homes program, and to learn how you can qualify, visit Natural Resources Canada at ecoaction.gc.ca/homes or showmethegreen.ca.

— NEWS CANADA

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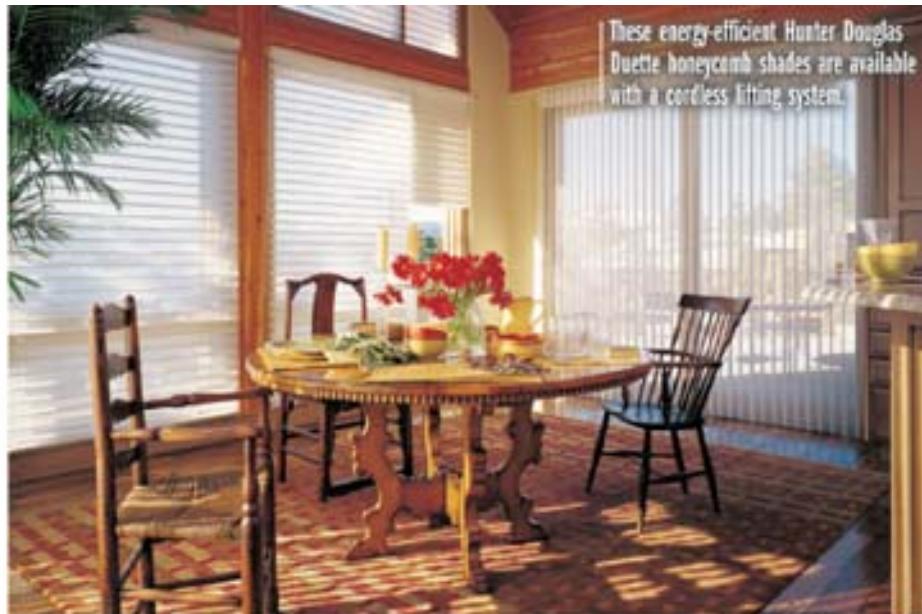
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These energy-efficient Hunter Douglas Duette honeycomb shades are available with a cordless lifting system.



Have children help with holiday chores and use window fashions like these Silhouette shadings from Hunter Douglas.

FOUR TIPS TO CREATE A PERFECT HOME FOR THE HOLIDAYS

This fall and winter, set aside the stress and enjoy all the wonders the season has to offer by whittling down your to-do list and saving where you can while still creating the ideal holiday home.

"Just in time for the holidays, make preparing the perfect home for entertaining family and friends more affordable with the Celebrate the Season promotion," said Sue Rainville, Hunter Douglas director of marketing. "Running until Dec. 16 at participating dealers across the country, it provides manufacturer's rebates on Silhouette window shadings and Duette Architella honeycomb shades."

Take advantage of this promotion along with the following tips to easily and affordably create a festive and welcoming home for family members and friends of every age to enjoy.

1. SIMPLIFY BY SETTING A THEME

Rather than overextending yourself to incorporate every aspect of the holidays into your decor, choose a colour scheme that simplifies decorating, creates the largest impact and saves. Whether red and white or blue and silver, incorporate

the palette into everything such as floral arrangements, window dressings, lights, ornaments and wreaths. Choose a flexible and timeless combination that blends well with the home to reuse decorations each year in order to conserve expenses.

2. CREATE AFFORDABLE ALL-AROUND AMBIANCE

Give some thought to creating a welcoming ambiance. One of the most important ways to achieve this is with lighting — candlelight, holiday lights and window fashions that make the most of natural light as the days grow shorter. "Hunter Douglas Silhouette shadings with the Signature S-Vane have a patented design that softens harsh sunlight as it enters a home while drawing it deeper into the room," said Rainville. "They also offer view-through and protection from UV rays." Additionally in order to save energy and expenses, try highly insulating Duette Architella shades with their air-trapping honeycomb-within-a-honeycomb construction.

3. EASILY INCORPORATE CHILDHOOD FAVOURITES

In colder weather children often

spend more time playing inside than out. With a house chock full of family, friends and little ones running around, it is important to offer festive activities for all to enjoy. Assign an adult to supervise and have children help adorn the home with holiday cheer. Set out art supplies to create ornaments, wreaths or even a homemade decorative table runner. "With a fun-filled house, also be sure to watch for safety," continued Rainville. "Cords from window treatments can provide potential hazards, so try the LiteRise cordless lifting system that allows shades or blinds to be raised or lowered with a touch on the bottom rail."

4. SET LIMITS AND ASK FOR HELP

Just as with choosing a holiday décor theme, narrow down your budget and time restraints and ask for help where you need it most. For budgeting, set per-person limits on gifts and stick to

them. Setting a price max will also limit your options on what to purchase and thus make decision-making easier. When entertaining with little time to prepare, assign duties and chores to your spouse and children, ask guests to bring side dishes while you provide the main course and if you are still stressed with all there is to arrange, rather than feel overwhelmed, turn the household holiday prep work into a party. Invite a friend or two over for a baking, decorating or gift-wrapping social so everyone can cross off items on the to-do list while still having fun.

No matter what your budget or however much you have to do, with these tips it is easier than ever to save time, money and energy while making your home the perfect holiday retreat for family and friends.

More information is available at hunterdouglas.ca.

— NEWS CANADA

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Bursting with harvest flavours

Using oats and rice in this veggie burger gives it a great texture

DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONEWS.CA



The problem with many veggie burgers is that they try too hard to be hamburgers.

Sorry, but they're not fooling anyone, least of all diehard carnivores.

So why not embrace the idea of a veggie burger and make one that tastes and looks like what it is — a burger made from veggies and grains?

Weekly Cookbook



Eating fresh, local produce is a hot trend, but Marie Lawrence has been cooking with produce from her gardens and buying milk from the farmers up the road since she was a kid.

In The Farmer's Cookbook: A Back to Basics Guide to Making Cheese, Soups and Stews, Curing Meat, Preserving Baking Bread, Fermenting, Pies and Cookies, And More (Skyhorse Publishing Inc., 2011), she includes recipes organized by month to coordinate with a farmer's calendar. November recipes, for example, include Turkey Burger with Sweet Potato Fries, Vermont Country Sausage, Baked Beans and Pumpkin Cheesecake.

That was the motivation in creating this harvest burger, a patty bursting with flavour, not to mention onions, red pepper, corn, pumpkin, rice and oats. It won't fool you into thinking it's meat, and it's not supposed to.

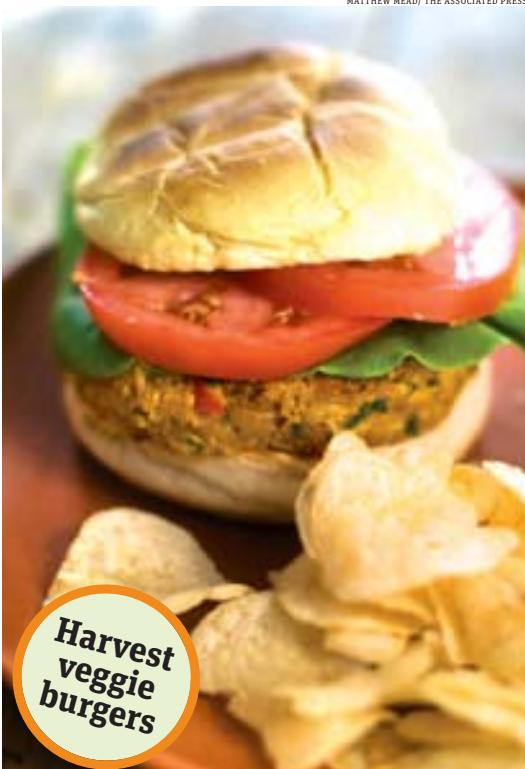
The burger goes great with a slab of cheddar and a slather of mayonnaise, but feel free to top as you see fit.

Preparation:

1 In a skillet over medium-high, heat 15 ml (1 tbsp) of the oil. Add onion and cumin; sauté until onion softens and begins to brown, about 5 minutes. Add red pepper and corn kernels and sauté until just tender, 3 to 4 minutes.

2 Transfer mix to bowl and let cool 5 minutes. Add rice, oats, pumpkin, cilantro, balsamic vinegar, cayenne, salt and pepper. Stir to combine. Form mix into 6 patties.

3 Heat remaining olive oil in skillet over medium-high. Add patties to skillet, in batches if needed, and brown for 3 minutes per side. Serve on buns with preferred condiments. **EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR**



Harvest
veggie
burgers

AND A TV CELEBRITY CHEF.
FOR MORE, VISIT

EMILYRICHARDSCOOKS.CA/
THE ASSOCIATED PRESS

Ingredients:

- 45 ml (3 tbsp) olive oil
- 1 onion, diced
- 5 ml (1 tsp) ground cumin
- 1 red bell pepper, core and diced
- 125 ml (1/2 cup) corn kernels, fresh or frozen
- 250 ml (1 cup) cooked brown rice
- 250 ml (1 cup) quick oats, lightly toasted
- 1 can (398 ml/14 oz) pumpkin or squash puree
- 30 ml (2 tbsp) chopped fresh cilantro or parsley
- 15 ml (1 tbsp) balsamic vinegar
- Pinch cayenne pepper
- 5 ml (1 tsp) salt
- 2 ml (1/2 tsp) black pepper
- 6 burger buns

Skip typical burger sides in favour of Red Beet Soup

Preparation:

1 Shred beets, onion and potato in food processor fitted with shredding disk. Place in saucepan with chicken broth and orange peel. Bring to a boil; reduce heat and

simmer 20 mins or until veggies tender. Let cool. Discard orange peel.

2 Puree veg in batches in a blender until smooth. Return to saucepan and reheat until hot.

Remove from heat. Stir in vinegar; season with salt and pepper to taste.

3 Garnish with yogurt and chives. **EMILY RICHARDS/FOODLAND ONTARIO/THE CANADIAN PRESS**

Ingredients:

- 750 g (1 1/2 lb) beets, peeled
- 1 onion
- 1 large baking potato,

peeled

- 1.5 l (6 cups) sodium-reduced chicken broth
- 2 strips orange peel
- 15 ml (1 tbsp) red wine vinegar
- Salt and pepper
- Low-fat thick plain yogurt (such as Greek yogurt), for garnish
- Chopped fresh chives, for garnish

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4 sports

More sports



THE HALIFAX RAINMEN WILL BE UP AGAINST SOME FAMILIAR FACES TONIGHT IN LONDON, ONT., WHEN THEY OPEN THE NATIONAL BASKETBALL LEAGUE OF CANADA SEASON AGAINST THE HOST LIGHTNING. THE LIGHTNING, COACHED BY EX-NBA ALL-STAR MICHAEL RAY RICHARDSON, FEATURES A HALF-DOZEN PLAYERS FROM THE NOW-DEFUNCT LAWTON-FORT SILL CAVALRY. THE CAVALRY, PREVIOUSLY COACHED BY RICHARDSON, PICTURED, WAS ONE OF THE RAINMEN'S TOP RIVALS IN THE PREMIER BASKETBALL LEAGUE.

Scan code for
more sports.

Moose turn heads in latest CHL ranking

The Halifax Mooseheads' hot streak has landed them national recognition.

The Mooseheads, who have won nine of their past 10 games, are one of three teams to earn an honourable mention in the latest Canadian Hockey League's weekly top-10 ranking, released yesterday. They haven't been anywhere near the list since the 2007-08 campaign.

Sitting sixth overall in the QMJHL standings with a 12-5 record and boasting the second best winning percentage in the league (.706), coach Dominique

37
Number of games it took the Mooseheads to post 12 wins in 2010-11. They've already hit 12 wins in just 17 games this season.

Ducharme is imploring his team to stay level headed.

"You need to be staying humble," Ducharme said. "It's a long season. We'll probably have some downs. We need to be confident in ourselves. It's good to be confident but at the same

time you need to know why you're having success and not get away from it. But the guys are doing good with it. They don't get too high or too low."

The Mooseheads host the Moncton Wildcats (9-11-1) on Friday at 7 p.m. and the Val-d'Or Foreurs (9-10-2) on Sunday at 2 p.m.

Four QMJHL teams cracked this week's CHL ranking. The Saint John Sea Dogs were second, followed by the Victoriaville Tigers (fourth), Shawinigan Cataractes (eighth) and Quebec Remparts (10th).

● MATTHEW WUEST



► Head coach Dominique Ducharme instructs his players.

Creighton finding redemption

- More than a year after quitting Huskies, Creighton is now key to team's AUS playoff hopes
- Fourth-year QB set to start fourth game in a row on Saturday at home against St. F.X.



MATTHEW WUEST
@METRONEWS.CA

When Jack Creighton walked out on the Saint Mary's Huskies last September, head coach Steve Sumarah never expected to see him back.

But here Creighton is, back with the Huskies, starting at quarterback again and playing the best football of his career as they embark on the Atlantic University Sport post-season in search of their fifth straight conference title.

"Last year was a wakeup call," said Creighton, who quit the team in his third year of eligibility after losing the starting job to NCAA Division II transfer Micah Brown.

"I put a little more work in this year, I've got another year under my belt, and I feel I've gotten a lot better. Experience, maturity, just a whole bunch of things. I've learned a lot of lessons."

The numbers back up Creighton's self-evaluation.

The six-foot-four, 200-pound Port Colborne, Ont., native bided his time on the sidelines before taking over for rookie Jesse Mills midway through Week 4. In four appearances, he has thrown for 1,048



► Huskies quarterback Jack Creighton.



"I thought the situation was pretty clear cut, pretty much over. But the players were content to have him come back, to forgive and forget, and at this point, it's been the best thing for everyone."

HUSKIES HEAD COACH STEVE SUMARAH ON JACK CREIGHTON

yards, 12 touchdowns and just four interceptions.

"I helped (Jesse) out in every way I could and just played my game until I got

a chance, so here's my chance, I guess," Creighton said.

In 12 previous starts over three seasons,

Creighton threw for 2,347 yards, 13 touchdowns and 14 interceptions.

"This whole scenario he's lived through, I really

Yearly analysis

Year-by-year stats for Huskies quarterback Jack Creighton (games started, passing yards, passing touchdowns, interceptions):

- 2011 — 3 GS, 1,048 yards, 12 TD, 4 INT
- 2010 — 1 GS, 151 yards, 0 TD, 3 INT
- 2009 — 8 GS, 1,862 yards, 10 TD, 6 INT
- 2008 — 3 GS, 334 yards, 3 TD, 5 INT

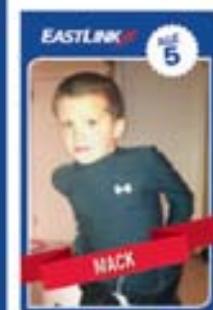
see it's matured him as a person," Sumarah said. "A lot of the position is about leadership and confidence. He's playing with confidence right now and it's translating to success on the field."

Saint Mary's (6-2) hosts the St. Francis Xavier X-Men (2-6) in the AUS semi-final on Saturday at 1 p.m. With Creighton at the helm, the Huskies are heavily favoured after stomping the X-Men by a combined score of 77-34 in back-to-back victories last month.

"I think the biggest thing is not to beat ourselves," Creighton said. "We don't want to make little mistakes. We want to execute and if we play our game I think everything will turn out good."

LOCAL LISTINGS
ON CHANNEL 10
NOV 4 - NOV 10QMJHL - Hockey
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nomination@eastlink.caWeekly winners will receive
a plaque from Nova Trophy
and EastLink prize pack.

Calvillo gets nod for top CFL award again

Another year, another outstanding player award nomination for Anthony Calvillo.

The veteran quarterback was named the Montreal Alouettes nominee for the award yesterday in voting conducted by members of the Football Reporters of Canada as well as the eight CFL head coaches. Calvillo has won the honour three times ('03, '08, '09) and is looking to be the East Division nominee for a fourth straight season.

The 39-year-old Calvillo has enjoyed a banner campaign, leading the CFL in passing yards (5,188) and touchdowns (32) while surrendering just eight interceptions.

Earlier this season Calvillo became the CFL's all-time leader in completions (5,345), TD passes (418) and passing yards (73,349).

THE CANADIAN PRESS

The East

The other East Division nominees include kick-returner/receiver Chad Owens of the Toronto Argonauts, defensive lineman Justin Hickman of the Hamilton Tiger-Cats and defensive back Jovon Johnson of the Winnipeg Blue Bombers.

Owens leads the CFL with 3,345 all-purpose yards and became the first player in pro football history to surpass the 3,000-yard plateau in consecutive seasons.



Lupul lights up Devils

Leafs forward records hat trick in second period as Toronto wins in N.J.

Joffrey Lupul had three goals in a wild second period, his first hat trick in almost four years, to lead the Toronto Maple Leafs past the New Jersey Devils 5-3 last night.

Lupul scored three times in a span of 7:22 against Martin Brodeur, who returned to the ice after missing six games with a bruised right shoulder. Joey Crabb and Mikhail Grabovski also had goals for the Maple Leafs.

The last time Lupul scored three goals in a game was Dec. 12, 2007,



when he had six points for the Philadelphia Flyers against Pittsburgh. He scored four goals in a West-

ern Conference playoff game for Anaheim on May 10, 2006.

Patrik Elias, Dainius Zubrus and David Clarkson scored for the Devils, who have lost five of six.

Phil Kessel padded his NHL scoring lead with two assists for Toronto (8-3-1). Kessel, off to the best scoring start for the Maple Leafs since 1944-45, has 10 goals and 10 assists in 12 games.

Lupul has eight goals this season. He totalled 14 last season in 54 games with the Ducks and Maple

Leafs combined.

Elias scored in the second period to give him 93 power-play goals with New Jersey, taking over the franchise lead from former coach John MacLean.

Toronto got on the scoreboard first at 8:37 of the first period, when Crabb scored his first goal of the season. New Jersey failed to clear after a mad scramble in front and Crabb was left unattended in front of the net and alertly knocked the puck past Brodeur.

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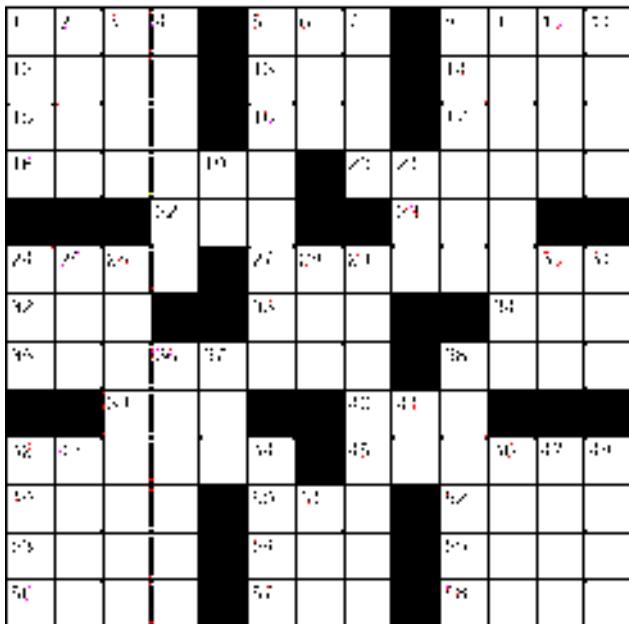
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unitedwayhalifax.ca

Crossword

Across

1 Spinning toys
 5 —relief
 8 Help with a crime
 12 Beehive State
 13 Every last bit
 14 Crooner Jerry
 15 Use a teaspoon
 16 Spy-novel org.
 17 "... and to — good-night!"
 18 Alaskan brown bear
 20 "GWTW" hero
 22 To the — degree
 23 Trail behind
 24 Spoof
 27 Locales for snuffing
 32 Commotion
 33 Gun lobby grp.
 34 Wrestling surface
 35 Confined
 38 Moist in the morn
 39 A billion years
 40 Prepare Easter eggs
 42 Surprise attack
 45 Chocolate-coated treat



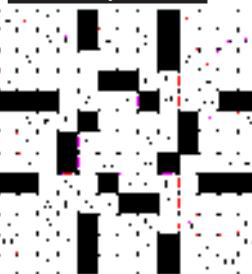
49 "Buenos —"
 50 Playwright Levin
 52 Corn territory
 53 Lobs' paths
 54 Book spine abbr.
 55 Blueprint additions
 56 Create
 57 Conger, e.g.
 58 T, in Morse code
Down
 1 Walrus feature
 2 "Beetle Bailey" dog
 3 Remunerated
 4 Psychiatrist
 5 Tennis stroke
 6 "The Greatest"

7 Thick chunk
 8 Computer user's icon
 9 Situation
 10 Model Macpherson
 11 Rend
 19 What @ means
 21 Last (Abbr.)
 24 Jongg preцder
 25 Praise in verse
 26 Retort
 28 — Lanka
 29 Court pastime
 30 Deviate off course
 31 Pigpen
 36 Fluffy dessert



For today's crossword answers and for expanded horoscopes, go to metronews.ca

► Yesterday's answer



Today's horoscope

Aries March 21-April 20 Your confidence may be sky high but don't fall into the trap of thinking that you cannot possibly fail.

Taurus April 21-May 21 Anyone who tries to tell you that you owe them your time, or even your money, is not to be trusted.

Gemini May 22-June 21 Don't jump on someone's back just because he or she refuses to see things your way. Let it be.

Cancer June 22-July 22 The more people say you can trust them today, the more you should be on your guard.

Leo July 23-Aug. 23 If opportunity comes knocking today, you must grab it with both hands.

Virgo Aug. 24-Sept. 22 You are long past the point where what you get out of a partnership makes up for what you put in.

Libra Sept. 23-Oct. 23 Strive to stay serene no matter how difficult life gets. You may find that it's not so difficult after all.

Scorpio Oct. 24-Nov. 22 Avoid the temptation to point out a colleague's mistakes today because he or she won't take kindly to you making him or her look bad.

Sagittarius Nov. 23-Dec.

21 You will do OK if you have a specific aim in mind and a plan to get you there by the shortest route.

Capricorn Dec. 22-Jan. 20

Sometimes, it is best to break bad news to someone quickly rather than letting it drag on.

Aquarius Jan. 21-Feb. 18

If you try too hard to make a good impression today, you may end up doing the opposite.

Pisces Feb. 19-March 20

Uranus, planet of changes, warns you must not take chances with money. ■ SALLY BROMPTON

Sudoku

4	5		9	3
7	5	3	1	
6	4	8	7	
	7	9	5	3
8	3	7	4	
2		7	6	8
9	2	1	4	
7	1		6	2

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

My Baby (RSC), ILU and i just wanted to let u know how much u mean to me (which is A LOT) :P and i hope u like this surprise (mwah) <3 AROOSA ;)

William, It's been a long time since we have seen each other. I am good. I am sorry for how I treated you, I was beyond horrible to you. Maybe one day you can find it in your heart to forgive me and maybe we can be friends again. I hope your doing good as well. L

Welsh Princess

You are the girl that I have always been searching for - I'll never stop loving you and making you laugh. The sun shines brighter and my thoughts are filled with the golden hues of a radiance in love that you have given me! We are one, we always were and we will always be love incarnate!

THE ORIGINAL BLUE ROSE

4	6	2	7	9	1	8	3	5
3	7	1	2	5	8	6	9	4
5	9	8	3	4	6	7	2	1
2	4	6	1	8	7	3	5	9
8	1	5	9	3	2	4	6	7
9	3	7	5	6	4	2	1	8
1	8	3	4	2	9	5	7	6
7	2	4	6	1	5	9	8	3
6	5	9	8	7	3	1	4	2

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►



Today

13°/2°

Sunny



Friday

7°/1°

Variable

Your #1 weather forecast now available in HD. Check your local listings for details. HD

TWN incorporates MSC data

Caption contest



MARKUS SCHREIBER/THE ASSOCIATED PRESS

"Rear-views are important. You can't be a hippo without the 'hip'!"
SARIKA



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Dear Neighbour,

November 3rd, 2011

My name is Sid Skeffington and I am the Sales Manager of Dartmouth Dodge. Last Week's Special Invitation and Crazy Sale produced **53 SALES** for Dartmouth Dodge in only 4 days! This is why we're going to have a

4 DAY EXTENSION OF LAST WEEK'S CRAZY SALE!!!!!!

*** 3 DAYS LEFT or WHILE INVENTORY LASTS ***

#1



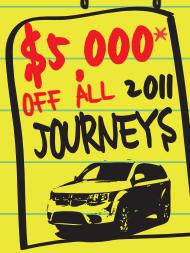
45 2011's

or

**over 200
2012's**

#2

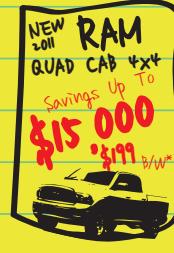
Crazy Payments on ALL NEW VEHICLES:



2 ONLY



7 LEFT



14 LEFT



#4

a gift just for bringing in
this letter (while supplies last)

#5

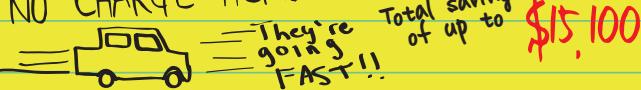
ALL PRE-OWNED VEHICLES & DEMOS
HAVE BEEN REDUCED
FOR THIS EVENT ONLY!!



#6

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14 LEFT: QUAD & CREW CAB

#7

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